

Is your workplace full of stress?

Take notice of the warning signs!



We can only live a fulfilling life if our different life areas are in harmony and consonance with each other.

Finding the balance between them is not an easy task, since very often we spend more time at work than in family circles.

This also means that time spent with colleagues at work greatly affects what we think about ourselves and about the world and it determines how we feel in other areas of our lives.

If the mood is good at the workplace then we are more energetic, which has a good effect on our social relations as well. In case we work at a workplace where the tension is continuous, it does not only press a stamp on our energy level and our mood but soon we can expect other unpleasant symptoms. The stress in our lives eventually pays off in the form of physical and mental illnesses.

However, the warning signs are not always clear, although they almost always occur in the same forms and order. First they appear on the level of feelings, then in behavioural reactions and finally, in the form of physical and mental illnesses.

The causes of work related stress are different for every individual, since we work in different areas and on different tasks. However, everyone agrees that reducing, handling, finding solutions for stress reduction and the abolition of stress at work helps to prevent a lot of physical and mental illnesses.

I gathered for you the warning signs that can be traced back directly to workplace stress. If you recognize any of these, change your life style or ask for help.

Phase 1.

The following feelings appear in our lives.

- tension
- restlessness
- concerns
- fear
- agitation
- depression
- apathy



Phase 2.

Some behavioural and mental dysfunctions appear.

- sleeping problems
- impatience,
- deterioration in concentration,
- memory disorders
- indecision
- binge eating
- withdrawal, loneliness
- deterioration of learning skills
- family quarrels
- decrease in sexual interest
- neglect of human relations
- increased frequency of errors at work
- emergence of addictions or their intensification (alcohol tobacco, drugs)

Phase 3.

Appearance of physical and emotional problems.

- exhaustion, constant fatigue
- depression
- central nervous system dysfunctions
- cardiovascular diseases (hypertension, cardiac arrhythmias, coronary artery disease)
- physical pain (headache, back and lower back pain around the knees and shoulders, muscle aches)
- respiratory disorders (hay fever, asthma)
- skin problems (dermatitis, eczema, acne, wrinkles)
- diabetes
- immune system problems
- gastrointestinal disorders (diarrhea, gastric ulcers, irritable bowel syndrome - IBS)
- most severe cases are heart attack, stroke, pulmonary embolism, and death

Do not forget that you do not just owe responsibility for yourself, but also for your family and friends, who would miss you if you would not be around. Take responsibility for your life and about them also before you continue your present lifestyle.

Take care of yourself!

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